



FOR IMMEDIATE RELEASE

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Don't Let the Flu Give You the Holiday Blues

Get your flu shot now!

Eau Claire, WI – December 7, 2018. If you haven't had a flu shot yet, **it's not too late!** The Centers for Disease Control (CDC) recommends that everyone 6 months and older get the flu shot.

The flu tends to spread over the holidays when people travel and visit family and friends. The sooner you get the flu shot, the more likely you are to be protected against the flu. It takes about two weeks after getting the flu shot for the body to develop full protection. The number of people who get the flu is usually highest between December and February.

Flu is more than a cold, or even a bad cold.

It is a serious illness that affects the lungs. It can cause health complications like pneumonia, infections, and hospitalization. Flu can sometimes lead to death.

"During the 2017-18 flu season, 143 Eau Claire County residents were hospitalized due to the flu," reports Allison Gosbin, Public Health Nurse. "That is the highest number of hospitalized cases reported since we began tracking."

The best step you can take to keep yourself and your family protected from the flu is to get a flu shot!

During the 2017-2018 flu season, the Centers for Disease Control (CDC) estimates that nationwide flu caused:

- **49 million flu illnesses** – more than the combined populations of Texas and Florida
- **960,000 flu hospitalizations** – more than the number of staffed hospital beds in the United States
- **79,000 deaths** – more than the average number of people who attend the Super Bowl each year

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